

March Nutrition Awareness

JB Andrews NAF



Photo courtesy of facebook.com/AirForceMedicalService

Healthy Eating for preschoolers

Choose **MyPlate.gov**

Get your child on the path to healthy eating.



Focus on the meal and each other.

Your child learns by watching you. Children are likely to copy your table manners, your likes and dislikes, and your willingness to try new foods.

Offer a variety of healthy foods.

Let your child choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice.

Be patient with your child.

Sometimes new foods take time. Give children a taste at first and be patient with them. Offer new foods many times.

Let your children serve themselves.

Teach your children to take small amounts at first. Let them know they can get more if they are still hungry.

Increase your physical activity

- Walk faster to/from your car
- Take the stairs instead of elevator
- Join a fitness group or sports team
- Get the family involved with activities

For more ideas go to www.choosemyplate.gov

Stop Smoking

When you quit smoking, your taste buds come back to life and you will begin to enjoy food in a new way.

For more information on how to quit go to www.smokefree.gov

Let's Eat for the Health of It!

Build a healthy plate

- Make half your plate fruits and vegetables.
- Switch to skim or 1% milk.
- Make at least half your grains whole.
- Vary your protein food choices.

Cut back on foods high in solid fats, added sugars, and salt

- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy - it all adds up.
- Eat fewer foods that are high in solid fats.

Eat the right amount of calories for you

- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what's in your food.
- When eating out, choose lower calorie menu options.

For more information go to <http://choosemyplate.gov>

To lose weight, you must eat fewer calories than your body uses.

This doesn't necessarily mean that you have to eat less food. You can create lower-calorie versions of some of your favorite dishes by substituting low-calorie fruits and vegetables in place of higher-calorie ingredients. The water and fiber in fruits and vegetables will add volume to your dishes, so you can eat the same amount of food with fewer calories. Most fruits and vegetables are naturally low in fat and calories and are filling.

Health Promotion/779 MDG Events, WFC- Bldg 1444

Tobacco Cessation Program	3,10,17,24 March (4 sessions; Tues at 1130)
Healthy Eating Program	5,12,19,26 March (4 sessions; Thurs at 0900)
Stress Mgmt & Relaxation Trng	5,12,19,26 March (4 sessions; Thurs at 1130)

A message from your Health Promotion Team

Better Food, Better Bodies

Let's eat for the health of it! Healthy eating optimizes mission performance and mental and physical health. Over the past year, Health Promotion teamed with AAFES, DeCA, and DFAC to raise awareness of healthy food options, increase knowledge of good nutritional choices and motivate Airmen and their families to eat better, both on and off base. Our 2015 focus is on creating a "Culture of Health" across the installation to support healthy behavior change.

Sylvia A. Goff

Health Promotion Coordinator
779 AMDS/SGPZ

